



The International School of Aruba hosts their annual Health Fair

On Thursday, March 22, the administration and students of the ISA located in the Wayaka Residence welcomed various vendors and foundations to the school for the annual Health Fair. Quite a few informative booths accompanied by interesting activities made it a very enlightening and entertaining event.

Foundations particularly aimed at the protection of children and teenagers, such as Respetami, Bureau Sostenemi, and Aruba's Youth Hotline made a strong showing, as did Father Jacob of the Anglican Church in San Nicolas. He has hosted more than once the traveling Anti-HIV/Aids program from the Caribbean Congress of Churches, and has taken a strong stance on HIV/Aids Awareness and Prevention. His booth provided information and examples of the consequences of unprotected sexual activity that would impress even though most oblivious of youth. Family planning volunteers were also on hand to remind youth of another consequence of unprotected sex; unwanted children.

On a more spiritual note, Maribel and Lillian of the Mandara Spa provided massages for anyone that felt the need to relieve the stress of a long working day. Staff from the Prana Health and Yoga Center conducted yoga classes on the spot, and those of the Sahaja Yoga Center offered attendees to "experience the bliss and peace of spiritual enlightenment through Sahaja Yoga meditation." The work and the philosophy of the Sahaja Yoga Center is based on the teaching of Shri Mataji Nirmala Devi, and interested individuals were given tips on centering and releasing their natural energy.

Rudy Schorea, physical trainer from Total Fitness & Spa Center in the Divi Phoenix Resort tested individual Body Mass Indexes (BMI) and provided information on how to improve it. The students from the upper classes, such as Brittany and Valentin acted as guides for those that attended the fair and only healthy snacks, such as pure juices and energy bars were offered for sale. Even the government Department of Health got involved, with a booth and staff from the mosquito control squad demonstrating how to children can inspect their homes and help safeguard against breeding areas that will allow the Dengue mosquito to propagate.

The ISA Health Fair is not only for students and staff of the school, but the public is welcomed to attend these informative afternoons, which also provided a bit of fun and relaxation.